

All meals meet current FDA guidelines with <20ppm gluten.

Carbs (g): Approximate grams of Carbohydrates are shown for the **entree (tray only)** and the full meal

♥ Heart Friendly: <800mg Sodium <30% Fat <10% Sat. Fat

D Diabetic-Friendly: All meals contain <75g of carbohydrates.

Item	Breakfast	Carbs (g)	
95966	Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans and Apples, Gluten Free Brown Bread and Peanut Butter	59 78	
95985	Southwestern Egg Scramble with Bacon, Refried Beans and Breakfast Potatoes, Applesauce and Vanilla Pudding	28 65	♥ D
96158	Banana and Walnut Buckwheat Pancakes with Turkey Sausage, Honey, Fruit Juice, String Cheese, Margarine and Orange	31 77	
96917	Vegetable and Potato Skillet with Mozzarella and Plain Omelet, Applesauce, Gluten Free Brown Bread and Peanut Butter	34 67	D

Lunch/Dinner

Beef

95025	NEW Salisbury Steak with Mushroom Gravy, Mashed Potatoes and Green Beans with Bacon and Onions, Gluten Free Brown Bread and Gelatin	32 66	D
95049	NEW Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Orange and Gluten Free Brown Bread	55 88	♥
95061	NEW Beef Bolognese over Rotini Pasta and Seasoned Italian Green Beans & Carrots, Gelatin and Gluten Free Bread	45 79	♥
95368	Chili Rubbed Beef Steak with Chorizo Spanish Rice, Cheesy Potatoes and Refried Beans and Vanilla Pudding	44 67	♥ D
96352	Chili Rubbed Beef Steak with Chorizo Spanish Rice, Cheesy Potatoes and Refried Beans, Applesauce and Gluten Free Brown Bread	44 73	♥ D

Poultry

95004	White Chicken with Potatoes and Peas & Red Peppers, Almonds, Applesauce and Fruit Juice	41 74	♥ D
95005	White Chicken with Potatoes and Peas & Red Peppers, Gluten Free Brown Bread, String Cheese and Pineapple Cup	41 72	♥ D
95029	NEW Chicken Breast with Jerk Sauce and Cilantro Rice and Strawberry Rhubarb Applesauce and Chocolate Pudding	69 91	♥
95036	NEW Chicken Marsala with Mashed Potatoes and Italian Green Beans & Carrots, Blueberry Applesauce, Almonds and Chocolate Pudding	32 75	♥ D
95058	NEW Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley and Almonds	59 63	D
96126	Lemon Herb White Chicken with Wild Rice and Broccoli & Carrots, Gluten Free Brown Bread, Pineapple Cup and Almonds	28 62	D

Vegetarian

95034	NEW Mushroom Risotto and Italian Style Peas and Orange	49 67	♥ D
95856	Quinoa and Garbanzo Salad with Carrots and Applesauce, Almonds and String Cheese	51 56	D
95878	Three Bean Vegetarian Chili with Carrots, Blueberry Applesauce and String Cheese	45 63	♥
96848	Vegetarian Red Beans and Rice, Applesauce, Gluten Free Brown Bread and Peanut Butter	63 96	♥

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change. As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.

